

Health



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Reading

People say that health is the most important thing in life, but it seems to have the least significance in their actual lives. We see many people in modern society undermining their health through lack of exercise and having unbalanced diets. Alcohol, smoking, and junk food also aggravate this phenomenon. Another new factor adding to many people's health problem is stress. Experts say we can't avoid stress as long as we live in this ever changing world. So what counts is not how to avoid it, but how to reduce it and cope with it effectively.

On the other hand, modern medical researchers still suspect our genes have considerable control over our destiny. This means our health is still in the hands of God. However, that doesn't necessarily mean we can't do anything about our bodies. Rather, we should continue to stay fit by temperate living, no smoking, moderate drinking, a nutritional diet and adequate exercise. That way, to some extent, we can make up for the genetically undesirable aspects in our human nature.

こちらはサンプルです。テキスト全文は受講時に担当講師よりお受け取りください。

You can see the whole lesson from your teacher, please ask them to send it to you before the class.